“To make a difference in someone’s life, you don’t have to be brilliant, beautiful or perfect. You just have to care.”

Mandy Hale
You matter, we care

Kindness and everyday positive relationships can affect change and support the wellbeing of individuals and communities.

Breathing Space is a free and confidential phone service for people in Scotland feeling low, stressed or anxious. One of the key features of Breathing Space is our compassionate response to callers, many of whom are in distress or going through a difficult time in their lives.

Our theme for 2019 is, ‘You Matter, We Care’; highlighting the caring nature of being human, and the support Breathing Space, other organisations and friends/family can offer, by noticing signs of distress and taking action.
Kindness in communities

An important element of this year’s campaign is the Breathing Space Bench Project, where we are working in partnership with local organisations and community champions, to create welcoming community spaces and informal opportunities for connecting with others.

By developing a network of benches, and thus a network of community connectors, Breathing Space hope to help further develop community values such as trust in our neighbours, kindness to self, and noticing and connecting with others.

Let’s have ‘What matters to you?’ conversations and create other welcoming spaces in our communities to spread a little kindness and show we care.

“There’s something very enticing about an empty bench under a tree. And if it’s facing a river, that’s the bench for me.” Joyce Rochelle
“When you set a goal, it’s a personal thing, and that goal should be big, hairy and audacious.”

Anon
“Almost everything will work again if you unplug it for a few minutes, including YOU.”
Anne Lamott

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Family camping by Grant Speirs

February | 2019

LGBT History month | Breathing Space Day | World Cancer Day | Chinese New Year | Time To Talk Day
Care Day | National Random Acts of Kindness Day | Rare Disease Day
"Self-care means giving yourself permission to pause."
Cecilia Tran

Ovarian Cancer Month | Self Injury Awareness Day | International Women's Day | World TB Day
Epilepsy awareness Day | Clocks go forward

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“Be yourself, everyone else is already taken.”
Oscar Wilde

Odd duckling out by Elaine McLean

Stress Awareness Month
| World Autism Awareness Day | Walk To Work Day | World Health Day
| World Parkinson’s Day | Earth Day

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04/2019
May | 2019

“You are built not to shrink down to less but to blossom into more.”

Oprah Winfrey
"Always remember that you are absolutely unique. Just like everyone else.”

Margaret Mead
“The simple act of caring is heroic.”
Edward Albert

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Samaritans’ Awareness Day | World Hepatitis Day
“Never get tired of doing little things for others. Sometimes those little things occupy the biggest part of their heart.”

Ida Azhari

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Cheers by Kelly Aikman

August | 2019

International Youth Day | Cycle To Work Day | NHS Living Life Day
“Wilderness is not a luxury but a necessity for the human spirit.”

Edward Abbey

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“Self care means giving the world the best of you instead of what is left of you.”

Katie Reed

October | 2019

Black History Month | Breast Cancer Awareness Month | Self-Management Week
World Mental Health Day | Baby Loss Awareness Day | Clocks go back

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Butterfly by Lisa Dransfield
November | 2019

“Always believe that the sky is the beginning of the limit”

MC Hammer

Newtonmore by Matthew Smith

“#youmatterwecare”

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“Lighten up on yourself. No one is perfect. Gently accept your humanness.” — Deborah Day
Breathing Space is a free and confidential phone service which offers listening, compassion and advice to anyone feeling low, stressed or anxious.

The service receives over 7,500 calls each month from people feeling distressed and who do not know where to turn.

Sometimes, being listened to and knowing someone cares can help you get through a difficult time.

Holding on to positive emotions, appreciating the good times and focusing on what’s important in life can help you find your way back to emotional wellness more quickly.

Here’s to a great 2020. Remember, you matter!